

HEAT ILLNESS ACCLIMATE PSA

Cal/OSHA wants to remind all who work outdoors: As temperatures rise, so does the risk of heat illness.

- **It can take 4-14 days to adjust to working in hot weather.**
- **So, gradually increase your exposure and physical activity.**
- **Drink plenty of water and take rest breaks in the shade.**
- **On very hot days, employers should consider starting early and cutting the workday short.**

Remember: if you don't acclimate- heat illness can be fatal.

For more information visit www.dir.ca.gov.

This is a Cal/OSHA health and safety message.